


To A Healthier You!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 January 2008		Happy New Year!	1 Try a new fitness pursuit like cross country skiing, snow shoeing, or ice skating. www.munsonhealthcare.org	2 Sign up for some personal training sessions to start the new year. www.munsonhealthcare.org	3 Breathe. Take full abdominal breaths several times during the day. www.munsonhealthcare.org	4 Fill your plate with vegetables , especially the bright colored and dark green leafy ones, loaded with vitamins and antioxidants, high in fiber and very filling. www.healthcastle.com
6 Instead of reaching for your favorite steak, try other high protein alternatives such as fish, seafood, tofu, nuts and legumes. www.healthcastle.com	7 Studies have shown that people who eat breakfast regularly actually are more easily able to control their weight than those who skip breakfast. www.healthcastle.com	8 Avoid eating a large, heavy meal before bed. This can cause indigestion and interfere with your normal sleep cycle. www.helpguide.org	9 Top 10 Winter Foods: Citrus fruits, Pumpkin family, Probiotic foods (yogurt, tempeh), Fish Garlic, Chicken Soup, Oats, Oysters, Mushrooms, Tea www.health24.com/	10 Try to eat a bean-based meal at least once a week. Try to add legumes, including beans and lentils, to soups, stews, casseroles, salads and dips or eat them plain. www.ucsfhealth.org	11 Strength training, or weight-lifting can benefit the strength of your entire musculoskeletal system aid in the prevention of osteoporosis. www.hss.edu	12 Fighting Insomnia? Hide your clock each night before you go to bed, so that you don't focus on the time and feel stressed or anxious. www.helpguide.org
13 Add one colorful veggie to your plate at each meal. www.webmd.com	14 Women: Get your yearly Pap test! January is Cervical Cancer Awareness Month	15 Dress in layers, protect your face from the wind, and let the cold nudge you into a brisk 10-minute walk.	16 Lack of sleep, too much alcohol or sugar, stress, or close physical contact may all contribute to outbreaks of cold sores. www.webmd.com	17 Get plenty of rest, wash your hands, don't share food or drink containers, discard used tissues, avoid kissing on or near anyone's cold sore. www.webmd.com	18 Remember to eat locally and organically when possible. www.webmd.com	19 Do not give alcoholic or caffeinated beverages, a hot shower or hot bath to a hypothermia victim. Cover with blankets or layers of warm, dry clothing and seek immediate medical attention. read more at www.surviveoutdoors.com
20 Cut 200 calories per day from your diet. "Skip a pat of butter here, a cookie there and you're on your way." www.webmd.com	21 Try to maintain a HEALTHY WEIGHT healthyweightnetwork.com	22 Stick to your physical activity plan now, so you're not trying to crash diet off 5-10 lbs of extra "baggage" this Spring.	23 Enjoy the benefits of yogurt with active cultures & vitamin D. www.webmd.com	24 Drink 8-10 glasses of water per day even when it's cold outside.	25 Look for indoor walking opportunities when you can't muster the energy for winter outdoor activities.	26 Instead of macaroni and cheese, have a bowl of nutritious chicken-veggie soup.
27 Wash Hands! Wash Hands! Wash Hands!	28 Before going out to shovel heavy snow, do some stretching exercises. Take breaks if shoveling for extended periods.	29 If you're a skier, mini-squats and stride lunges may help prepare you for the slopes. Read more@ www.ifyouski.com/fitness/quick_fitness/	30 Remember sunscreen before hitting the slopes or any other prolonged outdoor activity. The snow reflects the sun's rays. www.mayoclinic.com	31 Weight training may help prevent loss of lean body mass, change body composition, and strengthen your bones & connective tissue. http://exercise.about.com		